



Berries With Tequila Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups poached berries fresh assorted (such as blueberries, strawberries, blackberries, or raspberries)
- ☐ 8 egg yolks
- ☐ 1 cup heavy cream
- ☐ 8 servings garnish: mint sprigs fresh
- ☐ 0.5 cup sugar
- ☐ 0.5 cup tequila

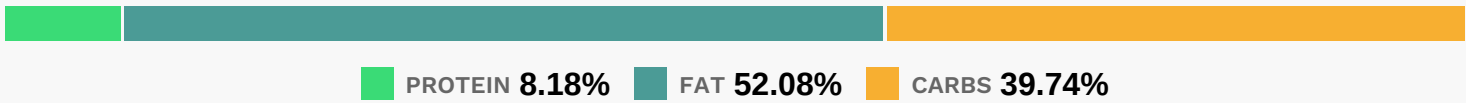
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Whisk together egg yolks and sugar in a 2-qt. heavy saucepan; whisk in tequila.
- ☐ Cook over medium-low heat, whisking constantly, 10 to 15 minutes or until mixture thickens and coats back of a spoon. (Do not boil.)
- ☐ Fill a large bowl with ice.
- ☐ Place saucepan in ice.
- ☐ Let custard stand, stirring occasionally, until chilled (about 30 minutes).
- ☐ Beat 1 cup heavy cream at high speed with an electric mixer until soft peaks form. Fold whipped cream gently into chilled tequila mixture just until blended.
- ☐ Arrange assorted berries in 8 serving dishes, and top evenly with tequila cream.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ *1/2 cup orange juice may be substituted.
- ☐ Note: To make ahead, cover and chill whipped cream and tequila mixture up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:10.28, Inflammation Score:-8, Nutrition Score:14.519565188366%

Flavonoids

Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg, Cyanidin: 143.93mg Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg, Pelargonidin: 0.65mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg, Catechin: 53.37mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg

Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg, Epigallocatechin 3–gallate: 0.98mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 304.51kcal (15.23%), Fat: 16.26g (25.02%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 20.22g (7.35%), Sugar: 20.47g (22.75%), Cholesterol: 228.02mg (76.01%), Sodium: 18.7mg (0.81%), Alcohol: 5.01g (100%), Alcohol %: 2.88% (100%), Protein: 5.75g (11.49%), Manganese: 0.96mg (47.77%), Vitamin C: 30.74mg (37.26%), Fiber: 7.71g (30.85%), Vitamin K: 29.59µg (28.18%), Vitamin A: 1047.53IU (20.95%), Selenium: 11.62µg (16.6%), Folate: 64.61µg (16.15%), Vitamin E: 2.42mg (16.15%), Copper: 0.26mg (13.1%), Phosphorus: 120.46mg (12.05%), Vitamin B2: 0.19mg (11.41%), Vitamin B5: 1.01mg (10.15%), Vitamin D: 1.45µg (9.65%), Calcium: 87.17mg (8.72%), Zinc: 1.27mg (8.45%), Potassium: 287.4mg (8.21%), Iron: 1.48mg (8.21%), Magnesium: 32.58mg (8.15%), Vitamin B12: 0.4µg (6.64%), Vitamin B6: 0.12mg (5.9%), Vitamin B3: 0.97mg (4.86%), Vitamin B1: 0.07mg (4.54%)